

Brooks 12-Week Half Marathon Training Plan



Let's run there

RUN FOR A REASON. TRAIN WITH PURPOSE.

The Mother's Day Classic is more than a run — it's a movement. A celebration of strength, community, and hope, united in support of breast and ovarian cancer research. Whether you're running for someone you love, for yourself, or simply to make a difference, every step you take helps fund vital research and awareness.

To help you prepare, Brooks has created a 12-week half marathon training plan to guide you from your first jog to the finish line. No matter your experience level, this plan will help you train smart, stay consistent, and show up ready to run proud on Mother's Day

BEFORE YOU START

Make the commitment

Training for a half marathon is a challenge and an incredible opportunity. It takes consistency, balance, and self-belief. Check your calendar, plan ahead, and set realistic goals that fit your lifestyle.

Fuel and recover

Eat balanced, nutrient-rich foods, stay hydrated, and experiment with mid-run fuel during your longer efforts (every 45–60 minutes). Rest is just as important. Take your recovery days seriously.

Run with heart

You're running for something bigger. Let the purpose of the Mother's Day Classic fuel your motivation. Each kilometre represents progress — for you, and for women's health.

Celebrate progress

Every run counts. You'll grow stronger, steadier, and more confident each week. Take pride in the journey - because you're running for more than a finish line.

Brooks 12-Week Half Marathon Training Schedule

PROGRAM A *3-4 runs per week*

(Ideal for beginners or time-poor runners)

This plan focuses on consistency and confidence — three key runs each week (one session, one easy, one long), with an optional fourth recovery jog.

12-WEEK HALF MARATHON TRAINING

SCHEDULE **3-4 runs per week**

WEEK 1

MON – Rest

TUE – 15min warm-up jog, 4x60m strides, 3x6min efforts (10K pace), 90sec walk recoveries, 10min cool down

WED – Rest

THU – 35min easy jog

FRI – Rest

SAT – Long Run 60min (comfortable pace)

SUN – Optional 20min recovery jog or rest

WEEK 2

MON – Rest

TUE – 20min warm-up, 4x80m strides, 4x6min at 10K pace, 90sec recoveries, 10min cool down

WED – Rest

THU – 40min easy jog

FRI – Rest

SAT – Long Run 70min

SUN – Optional 20min recovery jog

WEEK 3

MON – Rest

TUE – “Pick Up Run”: 15min warm-up, 15min steady, 2x8min at half marathon pace, 10min cool down

WED – Rest

THU – 45min easy jog

FRI – Rest

SAT – Long Run 80min

SUN – Optional 25min recovery jog

12-WEEK MARATHON TRAINING SCHEDULE

3-4 runs per week

WEEK 4

MON – Rest

TUE – 4x8min at 10K pace, 90sec recovery

WED – Rest

THU – 45min easy jog

FRI – Rest

SAT – Long Run 90min

SUN – Optional 20min recovery jog

WEEK 5

MON – Rest

TUE – “Tempo Session”: 20min warm-up, 15min steady, 2x10min at half marathon pace, 10min cool down

WED – Rest

THU – 50min easy jog

FRI – Rest

SAT – Long Run 95min

SUN – Optional 25min jog

WEEK 6

MON – Rest

TUE – 5x1km at 10K pace, 90sec recovery

WED – Rest

THU – 50min easy jog

SAT – Long Run 100min

SUN – Rest

12-WEEK MARATHON TRAINING SCHEDULE

3-4 runs per week

WEEK 7

MON – Rest

TUE – 15min warm-up, 20min steady, 2x10min at half marathon pace, 10min cool down

THU – 50min easy jog

SAT – Long Run 105min

SUN – Optional 25min jog

WEEK 8

MON – Rest

TUE – 4x8min at half marathon pace with 2min recovery

THU – 55min easy jog

SAT – Long Run 110min

SUN – Rest

WEEK 9

MON – Rest

TUE – 20min warm-up, 4x6min tempo, 10min cool down

THU – 40min easy jog

SAT – Long Run 100min

SUN – Optional 25min jog

12-WEEK MARATHON TRAINING SCHEDULE

3-4 runs per week

WEEK 10

MON – Rest

TUE – 4x1km at 10K pace, 60sec recovery

THU – 40min easy jog

SAT – Long Run 75min

SUN – Rest

WEEK 11

MON – Rest

TUE – 20min steady run

THU – 30min easy jog

SAT – Long Run 60min

SUN – Optional 20min jog

WEEK 11

MON – Rest

TUE – 20min steady run

THU – 30min easy jog

SAT – Long Run 60min

SUN – Optional 20min jog

Brooks 12-Week Half Marathon Training Schedule **PROGRAM B** *5 runs per week*

Perfect for intermediate runners
or those chasing a PB



12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 1

MON – Rest

TUE – 6x1km at 10K pace (60sec recovery)

WED – 45min easy jog

THU – 30min jog

SAT – Parkrun or 5K tempo effort

SUN – Long Run 70min

WEEK 2

MON – Rest

TUE – 8x1km at 10K pace

WED – 50min easy jog

THU – 30min jog

SAT – 2x10min at half marathon pace

SUN – Long Run 80min

WEEK 3

MON – Rest

TUE – “Pick Up Run”: 15min warm-up, 20min steady, 2x8min half pace

WED – 50min jog

THU – 35min jog

SAT – Parkrun hard

SUN – Long Run 90min

12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 4

MON – Rest

TUE – 5x1km at 10K pace

WED – 50min jog

THU – 35min jog

SAT – 20min warm-up, 2x15min tempo

SUN – Long Run 100min

WEEK 5

MON – Rest

TUE – 3x10min at half marathon pace

WED – 55min jog

THU – 35min jog

SAT – 8km steady run

SUN – Long Run 105min

WEEK 6

MON – Rest

TUE – 4x2km at 10K pace

WED – 55min jog

THU – 35min jog

SAT – 10km tempo

SUN – Long Run 110min

12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 7

MON – Rest

TUE – 10x1km reps

WED – 60min jog

THU – 30min jog

SAT – 5K tempo

SUN – Long Run 115min

WEEK 8

MON – Rest

TUE – 2x6km at half marathon pace

WED – 60min jog

THU – 35min jog

SAT – 8km steady run

SUN – Long Run 120min

WEEK 9

MON – Rest

TUE – 8x1km at 10K pace

WED – 50min jog

THU – 30min jog

SAT – Parkrun hard

SUN – Long Run 100min

12-WEEK MARATHON TRAINING SCHEDULE

5 runs per week

WEEK 10

MON – Rest

TUE – 3x8min tempo

WED – 40min jog

THU – 30min jog

SAT – 6km tempo

SUN – Long Run 80min

WEEK 11

MON – Rest

TUE – 3x6min at half pace

WED – 30min jog

THU – 20min jog

SAT – 5K easy

SUN – Long Run 60min

WEEK 12

MON – Rest

TUE – 15min jog, 3x45sec strides

THU – 15min jog, 2x30sec strides

FRI – Rest

SAT – Rest

SUN – Mother's Day Classic Half Marathon! 🏃

Brooks 12-Week full Marathon Training Schedule **PROGRAM C** *6-7 runs per week*

(For experienced runners
seeking speed and
performance)



12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 1-2

MON – 20–30min jog or rest

TUE – 8x1km at 10K pace

WED – 45–60min jog

THU – 60min aerobic run

FRI – 20min jog or rest

SAT – 2x10min tempo

SUN – Long Run 90–100min

WEEK 3-4

MON – 20–30min jog or rest

TUE – “Pick Up Run”: 20min warm-up, 20min steady, 2x10min tempo

WED – 50min jog

THU – 70–80min aerobic run

FRI – 20min jog or rest

SAT – Parkrun or 5K effort

SUN – Long Run 105–115min

WEEK 5-6

MON – 20–30min jog or rest

TUE – 5x2km reps at 10K pace

WED – 50–60min jog

THU – 80min aerobic

FRI – 20min jog or rest

SAT – 8km steady

SUN – Long Run 115–120min

12-WEEK MARATHON TRAINING SCHEDULE

6-7 runs per week

WEEK 7-8

Maintain weekly volume

Include 1 Parkrun effort and 1 tempo session each week

Long Run peaks at 120min

Add strides (4x80m) after easy runs

WEEK 9-10

Reduce long run to 90-100min

Maintain tempo and interval quality

Add 6x1km at race pace

Keep 1 recovery jog per week

WEEK 11-12 (Taper)

MON – 20min jog

TUE – 4x1km at half pace

WED – 30min jog

THU – 20min jog + strides

FRI – Rest

SAT – 15min easy jog

SUN – Mother's Day Classic Half Marathon! 🏃